Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.82
A2N955
Cop 2

NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

U. S. DEPARTMENT OF AGRICULTURE, Washington, D. C. JULY-AUGUST 1956

ADULT NUTRITION III. ON-THE-JOB TRAINING FOR WORKERS

Sadye F. Adelson, Nutrition Analyst, Agricultural Research Service

As has been shown in NCN before (most recently in the September-October 1955 issue on Nutrition Programs of Public Health Agencies) nutritionists extend their services through workers in related areas of work in their own and kindred agencies. Therefore, nutritionists find an important part of their job is supplementing and refreshing the nutrition education of workers in allied professions and keeping these workers up to date on developments in nutrition. At the same time, nutritionists' knowledge and scope are broadened by workers in public health, social welfare, and education.

This trend toward interchange of knowledge and ideas, which probably started about three decades ago, promises that programs in health, welfare, and education will become even more unified and integrated with time. The public benefits from hearing many times essentially the same information told in ways and settings suited to the individual's or group's immediate circumstances, needs, and interests.

The accounts of on-the-job training in nutrition of professional workers sent in by nutritionists and retold in this issue of NCN are examples of some types of on-the-job training nutritionists are giving to improve adult nutrition. If the examples sent in are typical, it seems that stress is being placed on the training of three groups: Food managers, particularly those in institutions for the elderly and sick, public health and practical nurses, and lay leaders in community programs. Some attention is also being given to keeping nutritionists informed of current happenings in nutrition of value in practical programs.

This issue of NCN, No. III, On-The-Job Training for Workers, completes the series on adult nutrition. No. I, The Situation, was presented in the winter 1955-56 issue. No. II, Practical, Popular Nutrition Programs, was presented in the May-June 1956 issue.

Our thanks again to contributors.

INSTITUTIONAL WORKERS

Nutritionists and dietitians carry on many types of activities for improving the nutritional quality, palatability, and tray and table service of food in homes and other institutions for the sick, convalescing, and elderly. To insure workable programs, studies of food practices, facilities, and personnel in area institutions often precede program planning.

Study findings and new developments in food management are often passed on to food personnel via workshops or conferences. This group approach, in addition to giving more workers an opportunity to learn the ideas of experts, stimulates workers to talk over mutual problems. Frequently, when changes appear to be needed for specific institutions rather than institutions in general, consultant service is provided for personnel of those institutions.

Periodic newsletters and specially prepared publications sometimes provide for exchange of information between meetings. For years some States have issued periodicals for food managers of State-supported institutions.

Group meetings

SIMULTANEOUS DISCUSSION GROUPS.—New Hampshire's 8th annual 1-day workshop for administrators and other personnel of food service departments in institutions was conducted cooperatively by the New Hampshire Nutrition Committee and several State groups—New Hampshire Dietetic Association, Association of Child Caring Institutions, Association of Licensed Convalescent and Nursing Homes, County Commissioners Association, and Hospital Association. At the morning session of this workshop participants separated into three groups to discuss: (1) Food in later life; (2) standardized recipes, menu planning, and evaluation; and (3) uses of surplus foods and changes in food-purchasing problems. Each group had a leader and a recorder. In the afternoon all participants met to hear summaries of group discussions.

Topics pursued in the discussion of food in later life were: Nutritional requirements of older individuals; physiological, psychological, and pathological changes occurring with aging; special food and dietary problems in aging; problems of food fads and habits; nutrition education of the mature individual; problems of institutional feeding, particularly in nursing and boarding homes; marketing, budgeting, menu planning, and food preparation for the older person; dietary services for older persons; and nutrition research relating to the older individual.

TOTAL ASSEMBLY.—The first workshop for nursing home operators and cooks given by staff members of the Milwaukee (Wis.) Health Department stressed sanitation, menu planning, and tray service problems. From the food sanitarians' discussion of procedures in storing, preparing, and serving food, and in dishwashing several operators became aware that some of their practices failed to meet sanitary standards.

A nursing home operator demonstrated some self-feeding methods and tools for bed patients. An occupational therapist showed how to make several kinds of simple favors that can be used to add appeal to trays. The operators, in turn, will teach their patients to make these favors as occupational therapy.

Following a discussion by the public health nutritionist on "What Shall We Have for Supper?" small "buzz" groups planned suppers. Food models and a flannel board were used to depict the meals. The audience then evaluated the quality, cost, eye and taste appeal, and ease of preparation of these meals. The meeting ended with a demonstration on the value and uses of nonfat milk solids called, "Let's Eat That Pint of Milk."

AROUND THE STATE.—North Carolina's Welfare Department in cooperation with allied agencies in 10 different places in the State held 1-day institutes on proper care of the aged for operators of boarding homes. Part of each institute was devoted to "Good Food for the Aged." A nutritionist or dietary consultant from the State Board of Health led the discussion. She pointed out the particular needs of the older age group in terms of familiar and available foods and helped operators to see and solve their problems. Expected outgrowths of the first institute are semiannual institutes with programs planned to fit existing needs, and consultant service on problems in individual homes.

CARDIAC INSTITUTE.—A cardiac institute for nursing-home personnel was sponsored recently by the Washington State Heart Association in cooperation with the State Department of Public Health and the State Extension Service. At the institute, the public health nutritionist discussed low-sodium and weight-reduction diets for cardiac patients.

DEMONSTRATIONS ON NURSING-HOME OPERATIONS.—Food for older people was the subject of one of a series of demonstrations on various nursing-home operations at a 1-session meeting in Phoenix, Ariz. The subject was discussed by a dietitian who also demonstrated the use of nonfat dry milk. The meeting was a cooperative venture of the Phoenix City Health Department, Red Cross, Visiting Nurse Service, and the Central Arizona Dietetic Association.

Similarly, operators of nursing homes in other places in Arizona and in California, Utah, and other States are invited by dietetic associations, health departments, and nutrition committees to "refresher" meetings.

Consultant service

PERIODIC.—Upon request of a county welfare department in North Carolina, the consulting dietitian of the State Board of Health in cooperation with a county supervising caseworker and district nutritionist worked on menu planning with a group of operators of six boarding homes for the aged. In early sessions fundamentals and mechanics of menu planning were presented, and menus for a week or more were planned. Plans are for the nutritionist and caseworker to have monthly evaluation meetings with the operators, and for the dietitian to meet with them quarterly and develop other phases of food-service operation.

"AS NEEDED."—Consultant help on kitchen planning and equipment, work schedules for kitchen employees, preparing and serving food to patients, and planning general menus and special diets is given as needed by three dietitians to managers of rest homes at Desert Mission (near Phoenix), Ariz. This service is now 3 years old.

Departments of Health in Louisiana, Washington, and other States similarly give individual help on food problems to nursing-home personnel.

Training for untrained workers

An informal study of food service problems in 25 nursing homes and homes for the aged by the Ohio Department of Health's Nutrition Unit showed that a major handicap is the necessity of employing untrained food-service personnel. As a result, public health nutritionists are working with representatives of the Ohio State Department of Welfare and local health and welfare agencies to prepare articles on seasonal menu suggestions for nursing home journals circulated in the State, and to encourage members of local dietetic associations to assist with planning of special diets.

Newsletters, occasional publications

The Missouri Division of Health's Nutrition Service publishes a monthly bulletin, "Tray Tips for Your Nursing Home." It is a nontechnical 1-page leaflet to motivate nursing-home managers to plan menus in advance, to serve

three economical well-balanced meals daily, and to improve understanding of the nutritional needs of the aged.

"Tray Tips" is written and edited by nutritionists. A staff artist of the Bureau of Health Education illustrates each issue. Personnel of other departments of the Missouri Division of Health sometimes contribute articles or review material within their fields. Topics chosen are those that county health department personnel suggest through a committee comprising a district public health nurse supervisor, a public health nurse consultant of the Bureau of Gereology, and three nutritionists.

A monthly mimeographed newsletter, "Food News," prepared by the dietary and hospital consultants of the Maine Department of Health and Welfare is distributed to food personnel of hospitals and nursing and convalescent homes over the State. Food for the elderly receives special attention. Suggestions are given on menu planning for regular and soft diets, food purchasing and preparation, sanitary food practices, and time-saving utensils.

Menu suggestions and a bibliography of sources of quantity recipes for institutions have been prepared and mimeographed by the City Health Department's Nutrition Division and made available to the Los Angeles section of the California Dietetic Association.

PUBLIC HEALTH NURSES

The team approach in public health programs makes interdisciplinary exchange of information important. In in-service training for nurses and other staff members in the public health agency nutritionists in outside agencies often add their specialized help.

Dramatizing the situation

In staff education, nutritionists in the Kansas State Board of Health find role playing a popular technique for gaining insight regarding food habits and how they may be altered, as well as recognition of emotional factors related to nutrition.

Sampling the clients' program

Nutritionists in the Maryland State Department of Health are holding two sets of lunchtime meetings for staff members interested in dieting to lose weight. The staff program follows the pattern used with lay persons.

Food and nutrition materials

Nutritionists in the Nutrition Association of Greater Cleveland, Ohio, send public health nurses a monthly sheet, "Best Buys," giving practical information on current prices in relation to nutritional value of specific foods.

Pennsylvania's Department of Health has prepared a bibliography of books and pamphlets that present facts on nutrition in health and disease for public health nurses and other professional groups.

At request of public health nurses and nutritionists in areas of Pennsylvania where newly arrived Puerto Ricans reside, Pennsylvania Department of Health's Division of Nutrition has prepared a 2-page leaflet on Food Habits of Puerto Ricans in the United States. It covers food habits of Puerto Ricans, types of meals they serve, good points about their diet, and foods to emphasize to improve their nutrition and food management.

Panel discussions

Conferences on geriatrics for public health nurses were held in two counties of North Carolina. Representatives of all groups in the community concerned with nursing, nutrition, welfare, recreation, adult education, nursing-home operation, and care of the aging participated in a panel and the group discussion that followed.

PRACTICAL NURSES

Courses in food and nutrition in vocational schools prepare practical nurses to help future patients improve their nutritional health. Meanwhile the nurses get information of personal value. The experience adds to their ability to carry their message with conviction.

Learning by doing

A unit on nutrition with practice in food preparation and meal planning is part of the course for practical nurses at the Atlantic City (N. J.) Vocational School. The experience has been of benefit to the students themselves. Practice in applying what they have learned about how much and what kind of food adults should eat and when they should eat gives nurses an opportunity to experience the importance of diet in the well-being of adults. Of particular interest were dietary requirements in adult life, factors which influence food needs, and ways to tempt appetites of older people when they have little desire to eat.

Nutrition instruction for students in practical nursing programs in three training centers is being provided by nutritionists of the Mississippi State Board of Health. Students are responding enthusiastically to classroom activities planned around everyday food problems likely to be met in their work.

LAY LEADERS

In State Cooperative Extension Services and public health and social welfare agencies, voluntary workers are often trained as local leaders to increase the reach of professional workers. Training usually consists of practical courses during which kits of bibliographical, illustrative, and other reference materials are developed.

Units of work

In leader-training meetings in 38 counties, nutritionists in the Kansas Cooperative Extension Service are emphasizing the nutritional needs of adults through units of work such as: Eat well to feel well; why use milk; meal planning; the calories you need; and eat a good breakfast.

New Mexico's Extension Nutrition Specialist prepared a lesson plan on enrichment of white flour and bread for training local leaders. The lesson plan tells how enrichment of white flour and bread could contribute to the health of the people in New Mexico. The idea was to have leaders pass on their knowledge to home demonstration club members who in their turn would spread the information further down the line. Similarly each of the other agencies represented on the New Mexico Nutrition Committee prepared information material for its local personnel. Thus teachers, public health nurses, and other county and community workers were reached.

Teaching guide

A food guide for staff members and group leaders in health and welfare work who may or may not have had training and experience in nutrition work has been prepared by the Tulsa Council of Social Agencies' Nutrition Committee and Oklahoma State Department of Health's Nutrition Unit. In the food guide are: Steps to follow to improve food habits; a good daily meal plan; basic foods to stress; ideas for stretching the food dollar; and other sources of nutrition information. Basic foods were divided into those frequently low in family meals and those usually satisfactory in quantity.

Consultation service

The Senior Citizens Committee of Texas Technological College includes a nutrition consultant who works with others whose interests and training are related to the physical well-being of senior citizens. The committee was first organized in fall of 1954, to serve as a resource team for a roundtable on aging attended by junior adults working with their seniors and by senior adults themselves.

NUTRITIONISTS

Nutritionists, too, need "refreshing." One important way they keep up to date is by exchanging information at meetings. Another is by working together to produce a tool or a publication for their own use, for lay use, or for promotion of a food program.

The right answers

A Nutrition Quiz Board that is run by electricity was developed by the New Jersey Nutrition Council for use at the 1956 Governor's Conference on Nutrition.

The quiz consists of 10 questions to be answered by punching a "true" or "false" electric button. When the answer is correct, a green light glows and an approving sound is registered. A false answer brings forth a red light and a loud buzz. The quiz board is portable and is made so that different questions can be inserted.

A 4-page leaflet, which may be taken home by those who view the quiz board, has been prepared by the Council and issued by the New Jersey State Department of Health. This leaflet, "Nutrition Quiz—What's Your Score?" lists the 10 questions and gives the full answers. The questions are among those the Council finds are most frequently asked by lay persons. Answers are given in statements that can be easily understood and easily remembered.

Technical abstracts and bibliographies

Abstracts of journal articles on obesity were prepared by a few members for all members of the East Bay section of the California Dietetic Association.

Sources of information on geriatrics and obesity and their application to nutrition were compiled for use of nutritionists by the Utah State Nutrition Council. A member agency mimeographed it.

Dietary recommendations for the aged

An important aspect of the professional worker's job is to give policy makers, legislators, and workers in official agencies pertinent facts needed in decision making. Upon request of the California State Interdepartmental Committee on Aging, the State Interagency Food and Nutrition Committee has developed criteria for dietary recommendations for the aged in terms of specific nutrients. They are now putting these into layman's language, converting nutrients into foods, and suggesting weekly money allowances for food. They will complete their assignment with a leaflet on nutritional needs, meal plans, and marketing tips. In deliberations the Committee used findings of the San Mateo County study of Nutritional Status of the Aging.

Frequently, nutritionists working together, as are those in the California Interagency Food and Nutrition Committee, find they have produced material that is better than any one of them could have prepared alone and that enables them to have a unified approach to a common problem.

Household Economics Research Branch, Agricultural Research Service, U. S. Department of Agriculture, in consultation with the Interagency Committee on Nutrition Education and School Lunch. (The printing of this publication has been approved by the Bureau of the Budget, July 27, 1955.)